



#### Quotes to Grow By

As you progress through the sports season, I wanted to share with you some quotes from officials across the spectrum to help you continue to grow in your field. All should be thought provoking and some quite comforting.

"I've seen hundreds of confused parents at meets that could have benefited from the SportSpectator guide" – Nick Testa

"Half the people are going to like your call; half are going to hate it. Humility, to me, is the key to not letting it get to you. Every day you evaluate, stay humble, pliable, and flexible and still have strong convictions. I am not looking for someone's approval. My focus is doing what is right and fair for the wrestlers". Anon

"The objective of the referee is not to get mentioned. I tell many young referees that not being mentioned is king. If you can achieve that, then that is a pretty good meet." - Alan King

"No matter how calmly you try to referee, parenting will eventually produce bizarre behavior, and I am not talking about the kids. Their behavior is always normal they are kids!" - William Crosby

"You have to become involved to make an impact. No one is impressed with the won/loss record of the referee". – John Noble Holcomb

"I just get on with my game and let the referees do their job" – Lionel Messi

"The game is what is beautiful. The game is what has drawn us all to meet at this cross-section of time and history in which referees, coaches and players are all coming together." Monty McCutchen

#### Something to Consider

Officials shall master both the rules of the game and the mechanics necessary to enforce the rules, and shall exercise authority in an impartial, firm and controlled manner. NFHS Officials Code of Ethics.

#### Tip for the Day

In tournaments, individual placement points shall be awarded as soon as earned. Placement points already earned shall be deducted in case of forfeit (other than injury) or disqualification from the tournament....Rule 9.3.

**Rules Review:** Wrestler A has his opponent lifted off the mat. As Wrestler B struggled to get free, Wrestler A loses his balance and Wrestler B falls hard to the mat. Should this be considered a slam?

**Ruling:** Since Wrestler B was brought down to the mat with unnecessary force, this would be considered a slam. When a wrestler lifts an opponent off the mat, he/she is responsible for a safe return to the mat, even when he/she loses control.